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Blast from the past

Marshville Heritage Festival is
this weekend
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Page 12

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RESCUE EFFORT



DAN DAKIN/STAFF PHOTO

Mark Drysdale, from the Ringtail Ranch and Rescue in Wainfleet, holds Penny, an 18-month-old lemur during an open house at the facility Saturday. Drysdale said his family's rescue organization has 30 animals on its 30-acre property.

'Make sure they don't go extinct'

DAN DAKIN
Tribune Staff

Mark Drysdale wishes he didn't have to keep endangered animals at his house.

Ideally, the two black and white lemurs that run around his family's 30-acre Wainfleet property would be living a normal lemur life where they belong, in Madagascar.

The problem, said Drysdale, is there's little room left in the African island nation for the primates to grow. Mass deforestation

has resulted in the world's black and white lemur population dropping to around 600 in the wild, putting the animals on the critically endangered list.

Drysdale, who runs Ringtail Ranch and Rescue along with his wife Joni and their three daughters, is part of a small group of people trying to save the species.

"Our goal is to make sure they don't go extinct," he said Saturday, during an open house at the family's property.

It was one of the first times the family has spoken publicly about the rescue program it runs in Wainfleet. In addition to the three lemurs, there are foxes, kangaroos, monkeys, horses — about 30 different animals in all — living in and around the house.

"We've always been very private about it. It's a very touchy subject for a lot of people, whether or not they should be kept in captivity," he said.

See **ANIMALS** on Page 2

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UPFRONT

■ **SCHOLARSHIPS:** PenFinancial hosts annual contest

■ ANIMALS

Video contest hands out \$4,000 to Niagara students

Wainfleet family helps preserve exotic animals

DAN DAKIN
OMI Agency Niagara

There were no fancy animations or backgrounds in Vincent Atallah's winning video entry in a PenFinancial Credit Union scholarship contest. The message, as it turns out, was enough.

In his two-minute entry in the Sprowt.ca Video Scholarship Contest, which announced the winners last Wednesday, the 18-year-old Denis Morris graduate used startling statistics written on pieces of paper to describe the struggles faces many in the world.

"Three billion people worldwide live on less than \$2.50 per day," Atallah says as he holds up the handwritten words.

Atallah's is one of 13 entries into the \$4,000 scholarship contest organized through Welland-based PenFinancial. This is the fourth year for the contest, which has given away \$14,000 to Niagara post-secondary students.

Atallah is headed to the University of Ottawa next month to major in international development and globalization.

Asked about his dream job, he said there are two options: "An ambassador for Canada to either Lebanon or maybe France or a lawyer with the United Nations."

Atallah credited his interest in international human rights issues to both his father being Lebanese and time spent studying social justice issues with Niagara Catholic District



DAN DAKIN/STAFF PHOTO

Vincent Atallah, 18, from St. Catharines, is the winner of the 2014 Sprowt.ca Video Scholarship Contest through PenFinancial Credit Union. Atallah is headed to University of Ottawa to major in international development and globalization.

School Board.

"I was able to see all walks of life in the Niagara region and that piqued my interest to explore different diversities and the versatility of life and how people come from so many different places," he said. "It inspires me to think: if this is just the Niagara region, how could the rest of the world be thinking in different ways?"

For winning the contest, Atallah was awarded \$2,000 toward his post-secondary

schooling. The other four finalists shared the total \$2,000. They included: Emma Hudson, 18, from St. Catharines, a McMaster University student studying to become a neurologist; Jessica Wilson, 18, from Welland, an up-and-coming musician headed to St. Clair College; Yashvi Shah, a 20-year-old science student from Niagara Falls studying at McGill University; and Miranda MacDougall, 25, from St. Catharines, who is entering her first year in Brock's teacher

education program.

Penfinancial CEO Bob Watson said he found the entries inspiring. "There are those who look hard on the young people and say they're not like they used to be, but I entirely disagree," he said. "I think they're more engaged, more determined, more intelligent and they have great futures ... They're going to change the world."

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From Page 1

"But we're getting to the point where a lot of animals are going extinct, and if we don't get some good captive breeding programs going, especially with some primates, we're going to lose them forever."

Amber Drysdale, 14, said the animals are treated like family.

"It's fun watching them all growing up. If anything goes wrong, it's just as sad," she said. "There's work involved, but it's worth it."

The family often takes the animals to public events, schools and retirement homes.

At the Wainfleet property, most of the animals are kept out in the open where they mingle with each other and with anyone who comes to visit.

"They grew up together from babies, kind of as siblings," Drysdale said. "They all get along and co-exist."

More than 300 people attended the open house Saturday, which also served as a fundraiser to help the family build a 3,000-square-foot breeding facility for the endangered lemurs.

There are around 10,000 black and white lemurs in captivity at zoos, rescue sites and with personal collectors around the world, he said. Many of the people who own the animals are working to increase their population, potentially to release them

back into the wild.

The problem, though, is lemurs only mate with a single partner, so it's not as easy as using studs and mass breeding them. And when they do pair up, the animals have a single breeding window each year that lasts about 12 hours.

"If we can get a proper breeding facility going and get enough of a genetic diversity, we can save them," Drysdale said. "Whether or not they will ever be released back to Madagascar is something I can't answer. It might not happen in my lifetime."

"All we can do is make sure they don't go extinct and hopefully (Madagascar) will realize they have to save some of the forest that's left."

In addition to the two black and white lemurs the Drysdales already have, another three are expected to arrive later this year including two from the U.S. and one from Alberta.

The family is allowed to keep the wild animals at their property because there's no bylaw in Wainfleet preventing it.

"The reaction is mixed," said Drysdale. "I honestly wish we didn't have to get involved and nature could take care of itself, but we've changed the world to the point where it's not working in some of these countries."

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LOCAL NEWS

■ **HISTORY:** Marshville Heritage Festival runs Labour Day weekend

Wainfleet showcases 1890s farm family life

GREG FURMINGER
QMI Agency Niagara

The blacksmith will be toiling over a hot flame, soup will be prepared in a cauldron over an open fire and the laughter of children will be heard from a horse-drawn wagon this long weekend in Wainfleet.

"If you want to step back in time, I'll tell you, that's the place to go," says Margaret Robertson, the longtime chair of Marshville Heritage Festival.

The event — "Where the past meets the present" — runs Saturday to Monday, 10 a.m. to 5 p.m. daily.

"There's lots to do and it's educational and for the family. It's hands-on for the kids and for the adults."

When the festival started back in 1988, its theme was the lifestyle of a Wainfleet farm family in the 1890s, at a theme that has resonated over the past 26 years. And when it debuted, the Morgan-Neff log cabin and the Dean Sawmill that also housed the Paleo Blacksmith Shop were the

only buildings on site among farm demonstrators, entertainers, food vendors and crafters.

There are now 17 historic buildings in the picturesque village set back from Hwy. 3 in the township centre.

"The favourite of the kids is the old country store," says Robertson.

One of my favourites is the old schoolhouse because, of course, I'm a retired teacher."

Maintenance of the volunteer-run heritage village is funded solely by the long weekend festival.

Some 400 volunteers, many dressed in period costume, will help present this weekend's affair that also features the working sawmill, and antique car and bike and motorcycle shows.

New this year, an old-fashioned auction takes place the Sunday and Monday starting both days at 2:30 p.m. It will featured will see a top-hatted auctioneer running up for antique tools, collectibles and machinery. The money will go back into the heritage village.

Entertainment includes The Torchmen, Niagara Old Time Fiddlers, The Peace River Band, Mary Lou Minor and Rootsland, D'n A Fiddle'n Step Dancers, and Smudge Fundaes.

About 125 to 130 juried artists

and crafters will also be featured, says Art Dean, who's organizing that component of the festival, plus food vendors.

"We're concentrating on quality not on numbers," he says of the artisans who will

display a wide range of media, including paints and stained glass.

As for food, Dean says there will be something to satisfy anyone's taste buds, be it fish and chips, pizza and pulled pork or just a

lemonade and hot or cold apple cider.

More information can be found at www.marshville-heritagefestival.com.

greg.furminger@summedia.ca
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FILE PHOTO

Glen Moore from the Heritage Woodcarvers works on a carving of two deer running through the woods during the Marshville Heritage Festival, shown in this photo.

FEATURED ATTRACTIONS

- Working sawmill
- Horse and wagon rides
- Tours and hands-on displays at 17 heritage buildings, including blacksmith shop, schoolhouse, and store
- Entertainment all weekend
- Amish quilt raffle
- Canoe building and raffle
- Pig on spit, apple butter,

- soup on open fire
- Antiques action Sunday and Monday at 2:30 p.m. at the Incubator
- 1950 and older vehicles show Saturday
- 1950-74 vehicles Sunday
- Vintage bicycle and motorcycle show, also featuring the British Car Club
- 125-130 juried crafters and vendors

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■ I'VE BEEN THINKING

Confessing Christ in the classroom

PASTOR MICHAEL MELEG
Faith & St. Peter's Lutheran Churches,
Dumfries & Port Colborne

A few years ago my niece took a college course in world religions. Her teacher required the class have five authorities of different religions (pastor, imam, rabbi, guru, etc.) answer 17 questions. This class gave her an opportunity to confess the Faith openly, but in all levels of education students are faced with challenges to faith: denials, doubts, theories, and outright hatred. While we should never "show Christianity down people's throats," God works in us to let the light of Truth shine in what we say and in what we do; we confess Him in words and in good works (Matthew 5:16; 10:32). Below are seven of the questions and my brief answers. They may help you respond faithfully and clearly when you are faced with these and similar questions.

1. What do you think is the most fundamental aspect of your religion? — Justification by grace through faith is the fundamental teaching of Christianity. First, it must be said that in the Garden of Eden Adam plunged the world into sin by his rebellion against God. Since then every human being is a sinner from the moment of conception and, as each person grows, the sin from within manifests itself in sinful thoughts, words and actions. Like an apple tree will grow and bring forth apples, so a sinner (everyone) will grow and bring forth fruits (Genesis 3; Psalm 51:5; Romans 3; Galatians 3:19; in John 15 Jesus teaches that no one can do any truly good thing unless they are connected to Him). Sin is every thought, desire, word and deed

which is contrary to God's Law. Second, this inherited sinfulness and the actual sins of life have separated everyone from God. Sin has left everyone without true fear and love of God, that is, spiritually blind, dead, and enemies of God (Romans 5:6-11; 8:7; Ephesians 2:1). Also, sin has brought guilt and condemnation to all people (Romans 5:19; 6:23; Ephesians 2:3). Third, because of sin, it is impossible to save ourselves or contribute to our salvation in any way, which is why every one needs the Saviour, Jesus Christ.

Therefore, God has shown us that we are justified (made right with God, or declared to be "not guilty") because of the great love of God in the perfect and all-sufficient sacrifice of Christ on the cross. He took the sins of all people of all time into His own flesh and received the spiritual and physical punishment everyone deserves because of sin, and He did this in our place. He has taken our sin upon Himself and has given us His righteousness in the forgiveness of our sins (2 Corinthians 5:21). Jesus Christ, true God who has come into the flesh, died for the sins of the whole world, but only those who believe (faith) in Him are saved from condemnation and made right with God (John 3:14-18; Ephesians 2:8-9).

2. What are some of your religious traditions, rituals? which do you favour most? — We make a distinction between traditions (man-made) and Word and Sacraments (God-given). God has given His Word to us to be preached and taught for knowledge, wisdom, faith and the forgiveness of sins, and to be received by the hearers by faith. God has given Holy Baptism through which He

washes us of sin, makes us His own children (Romans 6) and brings us into His Kingdom of grace. Confession and Absolution is His gift which brings comfort and peace to our hearts upon hearing His forgiveness for sins confessed. He has given the Lord's Supper (Holy Communion) to deliver His grace and mercy of blood shed and body given unto death for us; through it He joins us to Himself in body and spirit. We favour the Word and Sacrament gifts of God (forgiveness) over the general gifts of God (food, clothing, family, peace, etc.) because they pertain to our eternal good, not only our earthly needs.

3. How does your faith handle societal issues such as premarital sex, intermarriage, teen pregnancy and divorce? — These issues are handled with love and compassion. Where sin is evident (e.g. premarital sex, teen pregnancy, most cases of divorce, etc.) God's law is spoken to bring repentance, and forgiveness is freely given. Spiritual guidance is also given, as well as physical assistance when needed.

4. What do you believe about deity/ies? — We believe there is but one God who has revealed Himself as Father, Son and Holy Spirit. It is a divine mystery how God can be three persons yet only one essence, but because He has described Himself in this way, we believe. We believe all other so-

called gods of the world have been created by man and have no objective existence.

5. Describe your feelings about your relationship with deity/ies? — Feelings change from day to day; God does not. One can feel very good about that! In other words, we are comforted and joyful that no matter how we

feel from day to day, our relationship with God is unchanged - His mercy and love, His Word and Sacraments, and all His promises are constant and faithfully given to us no matter how we feel.

6. Do You Pray? If so, how do you pray? — Yes, we pray. We pray in the name of God, Father, Son (Jesus Christ) and Holy Spirit. When we pray we speak back to God what He has first spoken to us. That's why it is important for us to know His Word. The Lord's Prayer (Matthew 6) was given to us by God, speaks of our Father-child relationship with Him and is a summary of every petition we could ever need to bring before Him.

7. What Does Your Religion say about how the world began? — God is not created, for He always existed. God created the world in six days. He created everything that exists out of nothing, then Adam out of the dust of the ground, and Eve from Adam's rib. He created all living creatures "according to [their] kinds" (Genesis 1) which indicates that there is no evolution or change from one species to another, however, there are variations within each species. We reject the Theory of Evolution.

Every Christian should "always be prepared to make a defense to anyone who asks you for a reason for the hope that is in you" (1 Peter 3:15, ESV). We are prepared to answer, to confess Christ, when our faith is founded upon the solid Rock of Christ and His Word (Matthew 7:24-25). The wind and waves of sin, temptation, doubt, false teaching, hatred and error will beat against us, but we will stand firm in Christ Saviour who is the only Way, the only Truth and the only Life (John 14:6).

Shipwrecks — Zornewij

SKIP GILLHAM
For QMI Agency Niagara

The British Government built a number of general cargo ships to help combat the enemy forces and keep supplies flowing during the Second World War.

Many of these had "Zornewij" names and a few sailed into the Great Lakes once the St. Lawrence Seaway opened in 1959.

The *Empire Raleigh* was built at

Sunderland, England, in 1941 and later served Dutch interests as *Vernoor* and *Zornewij*.

The latter made three trips to our freshwater shores in 1959 before being sold to a Greek company. In 1961, commanded *Antonakis*, the vessel was carrying a cargo of sugar from Cuba to Shanghai, China, when it went aground off Cape Spartal, near Tangiers, Morocco, on Dec. 8, 1961.

Antonakis broke in two and became a total loss.



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■ **MUNICIPAL AFFAIRS:** Niagara politicians plead their case about cop budgets

Police costs dominated municipal concerns at AMO

JENNIFER ORBRIEN
QMI Agency

Municipalities across Ontario need to create war chests to fund legal battles against police associations over budget requests, say Niagara Region politicians who worked the room at the recent Association of Municipalities of Ontario conference.

As politicians flocked to a seminar on police costs — so popular the conference ran a two-back-to-back — Niagara Falls Coun. Selina Volpatti discreetly passed out flyers announcing a post-conference huddle to discuss the benefits of arming themselves with ready-to-use cash.

Every municipality should have its own war chest of reserve funds to be used if necessary for a legal battle with their police association, said Volpatti, who invited politicians to a meeting at the hotel room of her colleague Bruce Timms of St. Catharines.

Timms has proposed Niagara council set aside \$200,000 a year in a fund to help the municipality stand its ground against Niagara Regional Police budgets. The issue is expected to be discussed

at the region's corporate services committee in September.

Volpatti and Timms were promoting the plan to their peers at the conference at the London Convention Centre attended by representatives of Ontario's 444 municipal governments.

"Politicians are somewhat to blame for the runaway costs because we're not willing to stand up and defend the taxpayer against some of these arbitration rulings," Timms said after a seminar on policing costs.

"What we are trying to do is set up a reserve fund so we are prepared to defend ourselves when the board appeals our decision."

Police salaries have been rapidly increasing across Ontario, largely due to a benchmarking system by police associations in which a lucrative deal in one place becomes the basis for other boards to match. If boards balk, terms of the precedent agreement often are imposed by arbitrators.

Opposition critics as well as police board members across Ontario have long said the province needs to change the arbitration system because it ignores a municipality's ability to pay.

A made-in-London plan to attack the system by having police service boards agree to form a united front and prevent precedent-setting contracts is off to a shaky start because already two boards who had agreed to it have jumped ship and signed lucrative deals.

Paul Paolotto, budget chief of London's police services board, called the Niagara plan an "excellent strategy."

"I think cities across the province should give it every consideration."

Prescott Mayor Brett Todd, whose town is policed by OPP that received an explosive 8.55% raise this year, said he likes the plan as well.

"Anything that gets us together, whether it is establishing a war chest or anything else to battle this or take this thing on will convince the government and the arbitration board as well that they have to consider our ability to pay."

But London Coun. Joe Swan said the city already has a contingency fund that could be used for arbitration costs.

"It's a standard practice for the

City of London. You have to be prepared for the worst and hope for the best," he said. "The province should help fund this."

In 2013, an arbitrator awarded Niagara Regional Police a pay increase of 3.05% retroactive to January 1, 2012. Subsequent to that arbitration award, the police board and police association reached a deal in which police pay went up 2.6% in 2013, 2.5% in 2014 and will increase 2.5% in 2015.

At a meeting to discuss soaring police

costs Tuesday, several mayors and politicians said it's time for the province to step in and freeze wages.

In the meantime, Timms said, municipalities should be ready to fight.

"If 40 different municipalities set up this reserve fund to be prepared to defend an appeal, the province has got to get the message we are serious when we say we no longer have the ability to pay."

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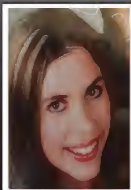
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LOCAL NEWS

■ AGRICULTURE

Great crop for corn stalkers

MARYANNE FIRTH
QMI Agency Niagara

Fresh off the stalk.

John Fehrman believes there's no better way to enjoy a ripe, tasty cob of corn.

When he's tending to the fields at Fehrhaven Farms in Port Colborne, he's not shy about grabbing himself a snack.

It's the best way to check the corn's sugar content and to gauge the quality of the crops, he says.

And if Fehrman's smile

after taking a big bite is any indication, this season is looking sweet.

A cool and rainy spring may have pushed back planting of corn at the family-owned Hwy. 3 farm, but now that crops have arrived, they're hard to resist.

"What came up was nice, nice-sized ears," Fehrman says.

The rain and the heavy dew in the mornings helps with that.

As for the taste, he says it's "real sweet this year."

Fehrhaven Farms typically plans to have corn ready for the end of July, but delayed planting meant it didn't arrive until mid-August.

"People have been asking for corn since June," Fehrman says.

"It's a big hit."

Fehrman estimates the farm, which planted about six acres of corn this season, sells upward of 60 dozen cobs a day, 100 dozen a day on the weekend.

Corn is also a hot commodity at Bry-Anne Farms.

The Fenwick business has steady sales of the popular summer produce.

Though many people associated sweet corn with barbecue season, Bryan Durst, who owns the farm alongside wife Anne, stressed the message that late planting means fresh crops will be available well into September.

"We're about two weeks later than we were planning, but the crop is good," Durst says while at the Foss Rd. farm.

"We have delayed sequen-

tial planting so we still have young, tender product at the end of the season."

The corn is planted in such a way that there are crops ready to be picked from the more than 80 acres every day.

"We always have a new patch to pick," Durst says.

"For us, the most difficult thing to master is getting the right maturity every day for 90 to 100 days in a row."

It's a skill Durst has been working to perfect all his life, learning from his family who has been planting corn for

more than 100 years.

Throughout his life, Durst has also gained a solid understanding of the different types of corn and how they vary in taste.

"There are hundreds of thousands of varieties of sweet corn. All different kinds, different classes," he says.

When buying local corn locally, he recommends chatting up the vendor to help determine the kind that may best suit your taste buds.

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MARYANNE FIRTH/STAFF PHOTO

It's not uncommon for John Fehrman to bite into a cob of corn right from the stalk while working in the fields at Fehrhaven Farms in Port Colborne.

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LOCAL NEWS

■ AGRICULTURE

Corny cooking tips

MARYANNE FIRTH
QMI Agency Niagara

Chef Osvaldo Avila wants to share a kernel of knowledge with Niagarans.

The professor at Niagara College's Canadian Food and Wine Institute gets excited each year when sweet corn season rolls around, and he's hopeful shoppers will take advantage of the fresh local produce.

To get ears perked, he's offering up some corn cooking tips.

First and foremost, the fresher, the better, Avila said, recommending a stop at a local farm or market before hitting the kitchen.

"To get the best flavour from sweet corn, it should be eaten as soon as possible, since the sugars will begin to convert to starches as soon as it has been picked."

If corn isn't being cooked right away, keep it in the fridge, he said, as it will lose its sweetness faster if stored at room temperature. Husks should be left on until it's time to cook.

When it comes to cooking cobs in a hot pot of water, it's a common misconception that water should be boiling, Avila said.

"It should be steaming, but you don't want the hard bubbles," he said.

"You don't want to rush anything. You should never be rushing food."

CORN FRITTERS

1 cup fresh corn kernels, ground to a pulp
1 egg, well beaten
¼ tsp anise, ground
Salt to taste
Pepper to taste
Oil for frying

Instructions: Mix all the ingredients. If the batter is too thin, add just a small amount of Maseca corn flour and mix well. Drop in hot (375° F) frying oil a spoonful at a time. Flip over and cook until both sides are golden brown. Dry on paper towels. Share and enjoy!

— Recipe by Chef Osvaldo Avila, Niagara College professor at the Canadian Food and Wine Institute

For those who prefer their corn on the grill, medium heat is the way to go. Avila recommends brushing the cobs, husks removed, with margarine or olive oil before placing them on the barbecue.

Other easy family-style dishes Avila recommends for fresh corn include tamales, corn risotto, corn stew, quinos and corn salad, and corn panna cotta.

maryanne.firth@niagara.ca
Twitter: @mfrthribune



MARYANNE FIRTH/STAFF PHOTO
Bryan and Anne Durst of Bry-Anne Farms in Fenwick ready their Foss Rd. stand with sweet corn, which is expected to be available well into September.

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Niagara Region



LOCAL NEWS

How Michelle became Michael

MARYANNE FIRTH
QMI Agency Niagara

He sits back, his hand grazing his facial hair as he thinks about where to start.

It has been a long journey, 39 years in the making.

Rummaging through a box of keepsakes, he pulls out a photo.

In it, a blond-haired, brown-eyed girl sits contentedly, putting on her best pose for the person behind the lens.

Meant to be a cherished reminder of his childhood, it instead reaffirms that Michael Sherman is now exactly where he should be in life.

Michelle, the young girl in the photo, is gone. It took 34 years, but she eventually gave way to Michael.

It took more than three decades of confusion, depression and loneliness for Michael to realize he was a man born into a woman's body.

He has since focused on making his own transition, while also educating the public about the transgender community and provid-

ing support to people taking a similar path.

It was at the age of five when Michael first began realizing something was off.

He felt different. He felt uncomfortable in his own skin.

"I knew something was wrong, but couldn't put a name to it," he says, thinking back.

Whenever Michael's mother tried to put her then-daughter into a dress, the kicking and screaming would begin.

"When I was little, I used to sneak into my brother's room and steal his clothes to try on," he admits, recalling the jealousy he felt for his younger sibling.

At age 19, Michelle came out to family as a lesbian. That lasted for 15 years, all the while still not feeling right.

It was after moving to Niagara in 2005 and meeting a new group of friends that Michael was encouraged to further explore those bottled-up feelings.

He began watching videos

on YouTube following people who shared their stories after undergoing a gender transition.

All he could think was "Wow, this is me."

On Jan. 27, 2009, Michael was introduced to the world.

"Once I came out to myself, it was like a weight had lifted off my shoulders," he says.

"I was able to lift my head up and see the world differently."

After accepting his own truth, Michael realized he would now have to share the news, as delicately as possible, with his family.

He wrote a 15-page letter to his mother.

"I explained every detail to her, so she wouldn't blame herself," he says.

When the pair finally connected by phone, Michael started off by saying: "Mom, I've never been your daughter."

Her response: "No, you've always been my son."

While it was a struggle at first, Michael Prior to accept all aspects of her son's transition, she always stood by Michael's side.

She had known all along that something was different. When Michael finally shared the truth, "it was such a relief to me," Linda says.

For so many years she did not know why her child was so unhappy or how to fix the problem.

"It was such a relief. It felt like a weight was lifted off my shoulders, to now know, to understand," she says.

In an 11-month period Michael legally changed his name, began taking hormones to boost testosterone levels and started sharing his story publicly.

He has since undergone a hysterectomy and, most recently, underwent a double mastectomy to further his transition.

He hopes to have his final surgery, a phalloplasty, completed next, prior to his 40th birthday on June 24 next year.

Michael has no intentions of hiding his transition from the world.

"I want to help other people



MARYANNE FIRTH/STAFF PHOTO

Michael Sherman, a transgender Welland man, holds a photo of himself as a child. Sherman was born a woman and now acts as an advocate for the transgender community.

out," he says, and to educate the public about the transgender community.

He's working to create a support group for transgender youth and adults in Welland and surrounding areas. It's expected to be up and running before school starts in September.

"I think back to when I first came out, thinking I was the only one," Michael says.

"But I wasn't the only one. You're not alone out there."

While Michael had his family by his side, he knows not everyone has a similar support system.

"He wants to help other people because he knows the horrible struggle it can be. I couldn't be prouder of him," Linda says.

"And I'll always back him

100%.

"No child asks to take that difficult journey," she says.

"A parent should stand behind their child no matter what. Who are we to judge?"

There are supports available in Niagara for members of the

LBGTQ (lesbian, gay, bisexual, transgendered and questioning) community, including those offered by Quest Community Health Centre.

The centre, which works closely with Rainbow Health Ontario, works to remove barriers that many prevent people in the LBGTQ community from accessing primary health care.

When people don't feel understood or sense unwelcome, they may become unwilling to access the care they need, says program director Jenny Stranges.

"We want to remove those barriers and create a welcoming space."

In addition to primary health care, Quest CHC provides supportive counselling, post-surgery support and even works with families trying to understand the transition, says executive director Coletta McGrath.

It has become a "hub for education and resources" in Niagara and other parts of southern Ontario.

McGrath believes the region is evolving as people become more sensitive to the LBGTQ community.

"We're building inclusivity in Niagara," Stranges says.

"We see good things on the horizon."

Michael is also confident the region is taking strides forward.

"We've come a long way," he says.

He wants to help the public understand that those in the transgender community are "just regular, ordinary people."

"They could be your son, your daughter, your neighbour, your bus driver."

"Most people are afraid of the unknown. Get to know me as a person," he says.

"Being trans is only one part of who I am."

For more information on the Welland support group, e-mail Michael at michael.lee88@hotmail.com.

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LOCAL NEWS

■ **EDUCATION:** Kaitlin Saxton to study infectious diseases overseas

Port Colborne native to take on global health

MARYANNE FIRTH
QMI Agency Niagara

When Kaitlin Saxton was a child, she loved to read.

But it wasn't the likes of Harry Potter that graced her favourite pages. Instead, the book she had difficulty putting down was one even most adults would shy away from.

The Standard Medical and Health Encyclopedia was as big a fascination then as it is now for the 21-year-old Port Colborne resident.

Saxton's interest in medicine has only grown with time.

As a child, surgeries on TV kept her glued to the tube. As an adult, the recent Ebola virus outbreak has captured her attention. She's been eager to learn every detail about the international health emergency that has left her wishing she was overseas helping in some way.

It's a path Saxton will pursue later this month when she begins classes to obtain her master's degree at Duke University's Global Health Institute in North Carolina.

After graduating in the spring from the University of Western Ontario with a bachelor of science degree, Saxton began questioning the next step in her academic career. She knew practising medicine was in her future, but did not want to take the traditional route of setting up a family practice.

Previous volunteer trips to Peru and Dominica in the Caribbean left her with a desire to continue working overseas. With her passion for medicine, the Global Health Institute seemed a natural fit.

"As I was reading about the program, I knew it was everything I wanted to do," she said. "I've always had an interest in developing countries and the problems they're facing."

The program, one of the first of its kind in the U.S., lets students spend the first eight months in class before heading off to a variety of developing nations to each create a research-based thesis on topics such as non-communicable and communicable diseases, cardiovascular health, and HIV and AIDS.

Saxton wants to delve into the subjects of global mental health and emerging infectious diseases. She hopes to conduct her research in either Kenya or Uganda.

"The Ebola outbreak is a very scary and terrible thing, but at the same time I'm so interested in it," she said.

"That tells me I'm going in the right direction. I want to be part of a solution to these types of problems."

Four or five of the program's 42 students are working physicians.

Once her thesis is completed, Saxton intends to return to Can-



MARYANNE FIRTH/STAFF PHOTO

Port Colborne resident Kaitlin Saxton will begin her studies later this month at Duke University's Global Health Institute in North Carolina.

ada for medical school.

While parents Tom and Maria have their worries about their daughter heading to a foreign nation, Sax-

ton said they have been endlessly supportive in her many endeavours.

They are one day work for the World Health Organ-

ization implementing programs around the globe.

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TIFFANY MAYER
For QMI Agency Niagara

Forget St. Catharines as the doughnut capital of Canada. How about Niagara as the doughnut peach capital instead?

The fruit, which looks like it came out on the wrong side of a date with a Sumo wrestler, is starting to appear in local orchards and farm stands throughout the region. They're fuzzy like every

other example of the quintessential Niagara fruit, but unlike those round orbs we're used to seeing in these parts, the doughnut peach is flat thanks to a genetic mutation.

Still, one peach's vicissitude is another farmer's business venture. "It's a new marketing opportunity. That's what I'm hoping," says Jack Romagnoli, who planted two varieties of flat peaches, TangO and BuenOs, on his Beamsville farm last year. "People will

see it and say, 'It looks different, maybe it will taste different. Let's try it'."

The appeal of the frisbee-like fruit? They're perfect for eating out of hand; flavourful but meatier than your typical Niagara peach, which can leave behind a trail of sticky juice right down to your elbows. Also unlike a globe peach, which you turn on its side to bite into, the trick for eating a doughnut peach is to bite into it from top to bottom.

"They picture a young woman in a convertible, eating it out of hand," Romagnoli explains, standing amid rows of his young Tang' and Buen's trees, which produced a small harvest this summer. "Usually you need a napkin and a knife to eat a peach. These you can eat like an apple and throw away the pit."

Twelve hundred doughnut

peach trees were planted in Niagara this year, which means the flying saucer-shaped fruit has landed here quite nicely.

The three varieties taking root locally were developed at Rutgers University in New Jersey and brought to the region for testing in 2008 by Ken Slingerland, a tender fruit and grape specialist at what was then the Vineland Research Station. They became available for local commercial production in 2013, giving Niagara farmers the chance to compete with the California counterparts that started showing up in grocery stores about 10 years ago.

"Everyone right now is looking to differentiate themselves," says Lana Cuiley, director of business development at Vineland Research and Innovation Centre. "It gives growers and marketers

the opportunity to brand around something unique."

But more important than the doughnut peach's quirky appearance, which will help it fetch a premium at Romagnoli's Greenlane Rd. farm stand, is its taste.

"You just wanted to stand in an orchard and eat peaches," Romagnoli says with smile as he plucks a yellow TangO and red BuenOs and passes them my way.

After knowing me five minutes, the guy has me pegged and his doughnut peaches have me hooked. The TangO compared online to a Baby Goid, doesn't look like much, but packs the perfect peach punch. It's sweet with a slightly acidic kick, and juicy, though nothing I couldn't handle sans napkin.

See PEACHES on Page 11

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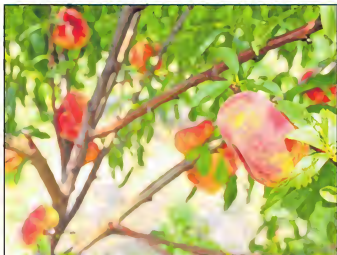
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LOCAL NEWS

PEACHES



TIFFANY MAYER / SPECIAL TO QMI AGENCY NIAGARA

Doughnut peaches growing in Jack Romagnoli's Beamsville orchard.

Now at a fruit stand near you — doughnut peaches

From Page 10

The BuenaOs, with its eye-catching red cheek, is equally sweet but milder. Although I don't have a convertible to test Romagnoli's theory, both are very easy to eat while walking between rows of trees.

I predict a hit. Romagnoli foresees a bit of a predicament.

"We just don't know how we're

going to pack them," he says, his grin widening. "Like doughnuts or Timbits?"

Tiffany Mayer writes about local food and farming at eatingniagara.com. Her first book, *Niagara Food: A Favourful History of the Peninsula's Bounty* (The History Press), will be released Sept. 2. You can reach her at eatingniagara@gmail.com or on Twitter @eatingniagara.



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LOCAL NEWS

LEISURE

Fly fishers could get hooked on this book

GREG FURMINGER
QMI Agency Niagara

There's a certain romanticism about fly fishing, being at one with nature while sailing a line through the air and into a crystal-clear stream surrounded by tall pines.

Think Robert Redford's *A River Runs Through It*. In reality, that love affair with the leisure sport takes some getting used to. And it requires plenty of patience and practice.

But Brian Green hopes to get you hooked — and help with Twelve Mile Creek preservation efforts while doing so.

The 68-year-old Pelham man has penned *Introducing Fly Fishing: Getting Started in the Art and Science of Fishing with Bits of Fur and Feather*.

The 40-page pocket-sized guide tells of the basics

of the sport: the gear, the techniques, the fish, the best spots to cast a line, and a bit on flies and tying. When the now retired Niagara College broadcasting teacher first waded into fly fishing, there was a lot of trial and tribulation in learning technique and some of the ins and outs so that the pastime was enjoyable and not a job.

"The book is an attempt to short-circuit that huge knowledge base that is really required to learn the sport," he says.

"It just looks so nice, it looks so fluid that people want to know how to do it."

Few people, he adds, can pick it up rather quickly, others may not grasp the handle of it over a lifetime.

As opposed to spin or bait casting for sport or food, fly fishing is more "gentle, contemplative" and "zen-like."

"It's more about being in nature tricking fish, catching them and letting them go."

But it can be expensive. Green says the stereotype of a wealthy, older man casting a line into the water tends to ring true.

"You can pay \$1,000 for a rod without breathing a word. You can pay \$1,000 for a reel," he says.

Rods, he adds, are most worth their expense, although they can be picked up much cheaper, while the reel — or pulley — is secondary.

The sport's long poles are in part necessary to throw weightless lines that carry only an artistic hook forward and backward.

Green says fly fishing "seems to attract the conservation-minded" people, such as himself.

See BOOK on Page 13



GREG FURMINGER/STAFF PHOTO

Pelham author Brian Green has written a 40-page pocket guide called *Introducing Fly Fishing*, from which all profits will be directed toward Trout Unlimited Canada's Niagara chapter efforts to revitalize and protect Twelve Mile Creek and other cold water resources.

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BOOK

Pelham author pens how-to guide to raise funds for cold water stream preservation and protection efforts

From Page 12

All profits from his \$10 book are being directed to Trout Unlimited Canada's Niagara chapter efforts to make the Twelve Mile Creek more inhabitable for brook trout — the "canary in the coal mine" for fish habitat — which need clear, clean, cold water. The organization is cooking to enhance sections of the creek's headwaters from Pelham downstream to Short Hills Provincial Park.

"It's a matter of feeling responsible for the environment," says Green, a Trout Unlimited member.

Never in his lifetime, though, will the Twelve be suitable for fishing the "fragile" brook trout.

Locally, the Niagara River (though big) and the mouths of peninsula creeks on lakes Erie and Ontario are suitable for fly fishing, but the best close spots are along the Grand or Saugeen rivers, or the headwaters of the Credit River and Bronte Creek.

A good practice spot, Green says, is the Welland Recreational Canal.

More detailed information is provided in the book, written by the man credited also with writ-

ing college textbooks *The Bare Essentials* and *Essay Essentials* for English, and *Canadian Broadcast News: The Basics*.

Introducing Fly Fishing is available at Outdoors Oriented on Fourth Ave. in St. Catharines or through Green Ink Publishing at green.jink@gmail.com.

The book is dedicated to one of Trout Unlimited's Niagara chapter principal founders, Len Yust, and illustrated by member Kemp Reece.

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But Louisiana cuisine isn't simply about food. In Louisiana food is a passion, and recipes aren't just written down — they're passed down from generation to generation. The food is respected for the slow and thoughtful way it's prepared. And, a real Louisianan understands good food is even better when it's shared with family and friends. There's a place where the world of fast food meets slow, authentic Louisiana cooking and the sharing of good food with loved ones. Welcome to Louisiana Fast™. Welcome to Popeyes®.

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■ MANUFACTURING

Niagara company joins search for Malaysian plane

GRANT LAFECHE
QMI Agency Niagara

If the cause behind the March crash of Malaysia Airlines Flight 370 is discovered, St. Catharines company might play a role in learning the truth.

Lifco Hydraulics, a company that makes

power units for hydraulic systems, was assembling a device to be shipped to Australia.

From there, it will be installed on a ship that will be part of the search for the lost plane, which is thought to have gone down in the Indian Ocean.

"The power unit could be used on a (remote controlled submersible vehicle) that they send down or it could be used for something else on the ship," company spokesman Fraser Berhout said.

Lifco makes its power units to fit the specifications of its clients. While the turnaround time is typically fast, this job was particularly time sensitive.

"An order like this is quoted at around two weeks, but they needed it in five days," Berhout said. "Everything done in our industry has to be done fast."

He said the Martindale Rd.-based company used to primarily construct units for local manufacturers. But when the recession hit and Niagara manufacturing sector went into steep decline, Lifco started looking toward other markets.



SUPPLIED PHOTO FROM LIFCO

A Lifco power unit, similar to the one being built for a ship which is part of the search for MH370 in the Indian Ocean.

Berhout said Lifco devices have been sold to companies in more than 50 nations.

The device destined for Australia was to be flown out of JFK airport

in New York City by the end of last week.

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However, there are compounds in grapefruit called furanocoumarins that can interfere with the way your body metabolizes certain medications. This can lead to dangerously high levels of medication in the body and may increase the risk of rare but serious or life-threatening side effects such as slowed heart rate and muscle deterioration. For a few medications, it can lead to decreased effectiveness because these medications need to be metabolized in order to become active. Don't take these interactions lightly, as some can cause potentially dangerous health problems.

Both grapefruit juice (either fresh or frozen) and the fruit itself can affect certain medications and the effects have been seen with as little as one 8-ounce (250 mL) glass of grapefruit juice. The effects of grapefruit juice on medications can last up to 3 days, so taking them at different times of day will not help. Naturally sweet orange juice has not been shown to affect medications the way grapefruit juice does, but tangelos (which are related to grapefruit), lime juice, and Seville (sour) oranges may affect medications.

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SPORTS: 2015 Pan Am Games

Pan Am ticket prices, schedules released

DAN DAKIN
QMI Agency Niagara

If you want to catch a medal round of the Pan Am Games canoe/kayak sprint races in Welland next year, it'll cost you \$35 a person.

The organizers of the Toronto 2015 Pan Am Games released the ticket prices and schedule last week for all of the ceremonies and competitions planned for the games, scheduled for July 10-26.

Niagara venues include Welland International Flatwater Centre, which will host the canoe/kayak sprint events July 10-14 and Henley Island in St. Catharines, which will host the rowing events July 10-15.

All of the preliminary rounds of the flatwater canoe/kayak events in Welland will be free for spectators to attend. The medal sessions will be \$35 for adults and \$17.50 for anyone under 16 or older than 65.

That pricing is the most common amount for most medal sessions for the 37 different sports athletes will be

competing in at the Pan Am Games. However, the most expensive medal session tickets are for swimming, track and field and track cycling, which all range from \$80 to \$140.

At Henley Island, tickets for the preliminary rounds range from \$25 to \$45 and medal session prices range from \$45 to \$75.

To catch the opening ceremonies at the 56,000-seat Rogers Centre on July 10, tickets will cost between \$100 and \$350. The closing ceremonies on July 26 at the Rogers Centre range from \$90 to \$200.

More details with specific competition schedules are set to be released in a few weeks. Ticket requests will open on the Pan Am site at www.toronto2015.org starting at 10 a.m. on Sept. 15. For a full list of event dates and ticket prices, go to: www.toronto2015.org/tickets/schedule-prices.

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■ **JOB:** People sought to oversee polls

Port Colborne to hire 90 election workers

MARYANNE FIRTH
QMI Agency Niagara

Before votes can be cast in the municipal election, people must be found to oversee the polls.

Port Colborne is hiring

about 90 people to work as deputy returning officers, poll clerks, vote tabulator operators, affidavits clerks and poll supervisors.

While it may seem like a high number of hires, city clerk Ashley Grigg said the amount

is typical for Port Colborne during a municipal election.

Applicants must be 18 or older and be available to work on advanced voting dates — Oct. 15, 18 and 22 — or on election day, Oct. 27. Two voting locations will be set up in

each of the city's four wards. Mandatory training will be provided.

Workers will be compensated after training and scheduled work shifts are completed.

"Working the municipal election is a great way to get involved in the democratic process at the local level," Grigg said.

"We're looking for people who are interested in serving their community and who want to learn more about the electoral process. It's an exciting experience and anyone interested is invited to apply."

While previous election experience is considered an asset, Grigg said the

city welcomes new workers to join the team.

It's preferred, but not required, that applicants are Port Colborne residents.

Applications have begun to filter in, but there are plenty of positions left to fill.

Application and assessment forms are available at city hall, 66 Charlotte St., and at www.portcolborne.ca/page/municipal_elections_employment. Deadline to apply is Sept. 12 at 4:30 p.m.

maryanne.firth@sunmedia.ca
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How a cold heart warmed up to the ALS Ice Bucket Challenge

JOHN LAW

QMI Agency Niagara

I usually trust the cynic in me.

He's gotten me out of some jams, raised valid questions and even saved me money.

Some days, though, I have to

tell him to scram.

He was ready to pounce all over this ALS ice water fad. Video after video of celebri-

ties, neighbours, colleagues pouring a bucket of frigid water over their heads to raise money for the neurodegenerative disorder better known as Lou Gehrig's Disease. There was one day this week it was literally half of my Facebook feed, just endless clips of soaking wet people (one of them was Katia Upton, but still).

The deal is, you either accept the challenge or donate \$100 to an ALS charity. If you accept, you then challenge three other people.

If it sounds vaguely familiar, we just saw something similar this past winter. The 24-Hour Challenge involved someone chugging a beer in the snow, preferably in their underwear, then partaking in an outdoor stunt. Niagara played a huge part in the fad — it didn't really gain steam until Thorold resident Mark Lucas created a Facebook page for it. It didn't start out as a fundraiser, but was soon linked to Thorold's Matthew Risi, who suffers from Lyme disease.

Linking the videos to charity made them hard to criticize. People were doing stupid, often dangerous things, but it was for a good cause. Your argument was invalid.

The challenge was so successful, you knew another one would come along. But no one saw this coming — the ALS Challenge is everywhere this month. You can't avoid it. And with that comes the inevitable backlash.

Much of it justified, I figured. The ALS Association claims the challenge has raised more than \$15 million, compared to the \$1.8 million donated during this time last year. But how much of that is real, physical dollars, and how much are pledges people won't get around to paying?

How much awareness is the challenge really raising? Are people just

doing it for attention? Do they even know what ALS is? Does donating to ALS mean they won't donate to something else? Are celebrities just doing it for attention? "More than anything else," wrote Slate's Will Oremus, "the ice bucket videos feel like an exercise in raising awareness of one's own zany, altruism, and/or attractiveness in a wet T-shirt."

What's worse, the challenge's massive success means every charity is going to want their own version. All of them. Bungee jumping for Bulimia. Falls in the Face for Melanoma. Parting for Fabry Disease (actually, I would watch every single clip for that).

Just when my screen was about to boil over, one clip changed everything. Six minutes that left me a mess.

The clip begins with 26-year-old Anthony Capaldi spoofing easy car washes, eventually getting doused on the hood of a car. Two minutes in, after getting soaked again, he speaks to the camera and explains why he did it.

"I have been so terrified of ALS my entire life because it runs in my family," he says, before covering his face.

His grandmother had it. His mother has it. And he was diagnosed with it five months ago. We then see him lifting his immobile mother out of bed, her limp head falling forward.

"It's so challenging to see and to talk about," he says. "Nobody wants to see a depressing person that's dying and has two to five years to live."

Knowing this is what awaits him, Capaldi addresses people who are sick of the videos: "I promise your news feed will go back to cat videos and Let It Go covers, but right now the ALS community has the main spotlight."



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For more information, visit www.fonthillbandshell.com

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INPORT NEWS DATEBOOK

SEPTEMBER 2

WOMEN'S ENTREPRENEUR

classes (in French) are folded into an eight-week program beginning this day at Welland Heritage Council and Multicultural Centre, Monday to Friday, 9 a.m. to 2:30 p.m. Child care available. Contact Lori for more information at lwbestor@wellandheritagecouncil.com or 905-732-5337 ext. 128.

SEPTEMBER 3

PC WORKS

will be at Rainforest Township Public Library, 9 a.m. to 11 a.m. An employment adviser will provide drop-in services. As you job search using library resources, the adviser can offer tips, suggest resources, and review and make recommendations about your resume. For more information call Port Cares at 905-834-3629.

SEPTEMBER 4

SMART SERVICE

training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-788-3751 or e-mail reception@employment-solutions.org.

SEPTEMBER 6

PIG ROAST

The third annual pig roast fundraiser for the Golden Age Club at 184 Mitchell St. in Port Colborne features an afternoon of activities and music

starting at 3 p.m. The menu includes fire roasted pork and chicken, salads and corn, dessert, tea and coffee. The meal is provided by Chuck Simpson, and the music is provided by Joe Crawford. Tickets are \$15 a person and can be reserved by calling 905-834-0683.

SEPTEMBER 8

PORT COLBORNE HISTORICAL

Society meets 7 p.m. at Portia Village. New members welcome. Guest speaker is Corlene Taylor. For more information call Marcia Turner at 905-835-8805.

SEPTEMBER 11

PHILOSOPHER'S CAFÉ

at Welland Township Public Library, 6:30 p.m. The topic of discussion is "Chaos: Will it Happen?" All welcome.

SEPTEMBER 14

BARBERSHOP CHORUS

Genetlemen of Harmony Barbershop Chorus performs 2 p.m. at No. 6 ROAF Dunnville Museum, Dunnville Airport, Hangar 1, 536 PL. Maitland Rd. Tickets \$10, available at Art Service Office Supply, Dunnville, and at the door, or call 905-701-8238. Doors open at 1 p.m.

SEPTEMBER 16

WHMIS

training at Employment Solutions,

3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-788-3751 or e-mail reception@employment-solutions.org.

SEPTEMBER 17

PC WORKS

will be at Rainforest Township Public Library, 9 a.m. to 11 a.m. An employment adviser will provide drop-in services. As you job search using library resources, the adviser can offer tips, suggest resources, and review and make recommendations about your resume. For more information call Port Cares at 905-834-3629.

SEPTEMBER 18

ONTARIO OFFICE WORKS

Self-Employment Benefit Program will be at Rainforest Township Public Library at 6 p.m. Thinking about self-employment? Want to know the pros and cons? How do you get started? And what help is available? Ontario Office Works Inc. is presenting a look at the opportunities for small business start-up in the Niagara area. Registration is free. To register, call 905-899-1277.

SEPTEMBER 23

SMART SERVICE

training at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 12:30 p.m. Call 905-788-3751 or e-mail reception@employment-solutions.org.

SEPTEMBER 25

FIRST AID/CPR/AED

Instruction, and on Sept. 26, at Employment Solutions, 3 East Main St., Welland, 9 a.m. to 4:15 p.m. Call 905-788-3751 or e-mail reception@employment-solutions.org.

CLASSIC BOOK CLUB

at Rainforest Township Public Library, 2 p.m. to 3 p.m. This month's selection is A Room With a View, by E. M. Forster. To obtain a copy of the book, register as a club member in person or by calling 905-899-1277.

SEPTEMBER 27

NEIL DIAMOND TRIBUTE

show starts 8 p.m. at the Dunnville legion hall. Tickets are \$20 advance or \$25 at the door. Call 905-774-5942 or visit www.solitaryman.ca. Some of the proceeds will be going to the legion.

SEPTEMBER 29

ADULT BOOK CLUB

meets 6:30 p.m. at Rainforest Township Public Library. This month's selection is Kiss the Joy as it Flies, by Sherree Fitch. To obtain a copy of the book, register as a club member in person or by calling 905-899-1277.

OCTOBER 13

BOOK SALE

The University Women's Club 45th annual book sale is at the Niagara

Regional Exhibition grounds, 1100 Niagara St., Welland, 9 a.m. to 3 p.m. Proceeds are used to award scholarships to eight local young women who will be continuing studies at university this year. Donations of newer items in excellent condition are welcomed: books, magazines, CDs, DVDs, games and puzzles. Call Beth Jeffery at 905-835-2291 or e-mail uwbooksale@yahoo.com for more information.

ONGOING

SECOND CAREER

information sessions at Employment Solutions, 3 East Main St., Welland, on Fridays 10 a.m. to 11 a.m. Call 905-788-3751 or e-mail reception@employment-solutions.org to reserve a spot.

BABY STORY TIME

runs at Rainforest Township Public Library, 9:30 a.m. to 10 a.m. Tuesdays Sept. 9 to Oct. 14, for babies four to 18 months and their caregivers. Have fun with your baby with music, rhymes, bounces and tickles. Bring a blanket and register by calling 905-899-1277.

PRESCHOOL STORY TIME

runs Thursdays at Rainforest Township Public Library, 10 a.m. to 10:45 a.m. from Sept. 9 to Oct. 16. A program of stories, songs, activities and crafts, for children aged two to four years and their parent/caregivers. This session's theme is Circus @ your library. Call 905-899-1277 to register your attendance.

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OVER 40 LOSING CRUCIAL RESERVES
N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that N-O, in fact, your body don't produce enough N-O. In fact, your body produces less than half of what it did at 20.



NOBEL PRIZE WINNING DISCOVERY
Three researchers received the 2012 Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role."

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenes® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels.

N-O is a powerful molecule that can be restored in 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY
Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women. Nitric oxide is produced from a specific amino acid called L-arginine. Dr. Bryan. A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. I found the increased circulation is a definite benefit in the bedroom."

We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S. of New York.



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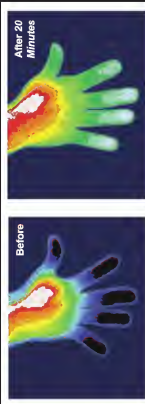
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Lee L., from CA, was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!"
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BOOST BLOOD FLOW & OXYGEN

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"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment.

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